British Judo Council Primary



Name Age

Grade Promotion to

Core Requirements			
Etiquette & Safety			
Kneeling, standing bows and etiquett	e		
How and When to submit			
Breakfalls			
Ushiro Ukemi (back breakfall)			
Migi Yoko Ukemi (right side breakfall)	1		
Hidari Yoko Ukemi (left side breakfall))		
Mae Ukemi (front breakfall)			
Migi Zempo Kaiten Ukemi (right side	rolling breakfall)		
Hidari Zempo Kaiten Ukemi (left side	rolling breakfall)		
Standing - Demonstrate			
Bow, take a basic sleeve / lapel grip a	and posture		
Demonstrate how to walk with partner			
Take a breakfall when thrown by part			
.,,,			
	Beginner to 1 Red Tab (not les	s than 5 years old)	
Standing - Demonstrate			
Morote Seoi Nage			
Groundwork - Demonstrate			
Turn partner over onto their back from	m all fours (crouching position)		
Turn over from press up position, bre	akfall, move into Kesa Gatame an	d escape	
Randori			
Minimum of 2 throw for throw style ra	andori practice		
	Red Tab to 2 Red Tabs (not les	ss than 5 years old)	
Standing - Demonstrate			
Morote Seoi Otoshi			
Groundwork - Demonstrate			
Turn partner over onto their back from			
Turn over from press up position, bre	akfall, move into Kesa Gatame an	d escape	
Randori			
Minimum of 2 throw for throw style ra	andori practice		
White Belt 2	Red Tabs to 3 Red Tabs (not le	ess than 5 years old)	
Standing - Demonstrate			
Ko Uchi Gari			
Groundwork - Demonstrate			
Turn over from press up position, bre	akfall, move into Kesa Gatame an	d escape	
Randori			
Minimum of 2 throw for throw style ra	andori practice		
Venue	Date	Examiner	

British Judo Council Primary



Name Age

Grade		Promotion to		
Core Requirements				
Etiquette & Safety				
Kneeling, standing bows and etiquette				
Breakfalls				
Ushiro Ukemi (back breakfall)				
Migi Yoko Ukemi (right side breakfall)				
Hidari Yoko Ukemi (left side breakfall)				
Mae Ukemi (front breakfall)				
Migi Zempo Kaiten Ukemi (right side ro	olling breakfall)			
Hidari Zempo Kaiten Ukemi (left side r	olling breakfall)			
Standing - Demonstrate				
Bow, take a basic sleeve / lapel grip ar	nd posture			
Demonstrate how to walk with partner				
Take a breakfall when thrown by partn	er			
White Belt 3 Red Ta	bs to 1 Orange Tab (normally not	less than 6 years old)		
Standing - Demonstrate				
Morote Seoi Nage, Uke avoids, Tori cha	anges attack to Morote Seoi Otoshi			
Groundwork - Demonstrate				
Kuzure Kesa Gatame, escape onto stor	mach and rise into all fours (crouching	g position)		
Randori				
Minimum of 2 throw for throw style rai	ndori practice			
	ab to 2 Orange Tabs (normally n	ot less than 6 years old)		
Standing - Demonstrate	on and attack to the Habi Cari			
Morote Seoi Nage, Uke avoids, Tori cha	anges attack to Ko Uchi Gari			
Groundwork - Demonstrate	mach and vice into all fours (croushin	a nacition)		
Kuzure Kesa Gatame, escape onto stor	nach and rise into all fours (crouching	g position)		
Randori				
Minimum of 2 throw for throw style rai	ndori practice			
White Belt 2 Orange T	abs to 3 Orange Tabs (normally n	ot less than 6 years old)		
Standing - Demonstrate				
Tsuri Komi Goshi				
Groundwork - Demonstrate				
Turn over from press up position, brea				
Kuzure Kesa Gatame escape onto ston	nach and rise into all fours (crouching	position)		
Randori				
Minimum of 2 throw for throw style rai	·			
Venue	Date	Examiner		

British Judo Council Primary



Name Age

Grade Promotion to

Core Requirements

Etiquette & Safety		
Kneeling, standing bows and etiquette		
Breakfalls		
Ushiro Ukemi (back breakfall)		
Migi Yoko Ukemi (right side breakfall)		
Hidari Yoko Ukemi (left side breakfall)		
Mae Ukemi (front breakfall)		
Migi Zempo Kaiten Ukemi (right side rolling breakfall)		
Hidari Zempo Kaiten Ukemi (left side rolling breakfall)		
Standing - Demonstrate		
Bow, take a basic sleeve / lapel grip and posture		
Demonstrate how to walk with partner		
Take a breakfall when thrown by partner		
, .		
White Belt 3 Orange Tabs to 1 Green Tab (normally no	t less than 7 years old)	
Standing - Demonstrate		
Tai Otoshi		
Groundwork - Demonstrate		
Turn over from press up position, breakfall, move into Kesa Gatame, escape	and link to	
Kuzure Kesa Gatame escape onto stomach and rise into all fours (crouching	position)	
Randori		
Minimum of 2 throw for throw style randori practice		
White Belt 1 Green Tab to 2 Green Tabs (normally not	less than 7 years old)	
Standing - Demonstrate		
O Uchi Gari		
Groundwork - Demonstrate		
Turn over into Yoko Shiho Gatame and escape		
Randori		
Minimum of 2 throw for throw style randori practice		
White Belt 2 Green Tabs to 3 Green Tabs (normally no	t less than 7 years old)	
Standing - Demonstrate		
Tsuri Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi		
Groundwork - Demonstrate		
Turn over into Yoko Shiho Gatame and escape		
Randori		
Minimum of 2 throw for throw style randori practice		
·	Examiner	
Venue Date	LAGIIIIIEI	

British Judo Council Primary



Name Age

Grade Promotion to

Core Requirements

Etiquette & Safety		
Kneeling, standing bows and etiquette		
Breakfalls		
Ushiro Ukemi (back breakfall)		
Migi Yoko Ukemi (right side breakfall)		
Hidari Yoko Ukemi (left side breakfall)		
Mae Ukemi (front breakfall)		
Migi Zempo Kaiten Ukemi (right side rolling b	preakfall)	
Hidari Zempo Kaiten Ukemi (left side rolling b	breakfall)	
Standing - Demonstrate		
Bow, take a basic sleeve / lapel grip and post	ture	
Demonstrate how to walk with partner		
Take a breakfall when thrown by partner		
White Belt 3 Green Tabs t	to 1 Blue Tab (normally not less than 8 years old)	
Standing - Demonstrate		
Tsuri Komi Goshi, Uke avoids, Tori changes at	ttack to O Uchi Gari	
Groundwork - Demonstrate		
Turn over from press up position, breakfall, n	nove into Kesa Gatame, escape to	
	and rise into all fours (crouching position) turn over into	
Yoko Shiho Gatame and escape		
Randori		
Minimum of 2 throw for throw style randori p	practice	
White Belt 1 Blue Tab to	2 Blue Tabs (normally not less than 8 years old)	
Standing - Demonstrate		
O Uchi Gari , Uke avoids, Tori changes attack	to Tai Otoshi	
Groundwork - Demonstrate		
Turn over from press up position, breakfall, n		
· · ·	and rise into all fours (crouching position) turn over into	
Yoko Shiho Gatame and escape		
Randori		
Minimum of 2 throw for throw style randori p	practice	
White Belt 2 Blue Tabs to	3 Blue Tabs (normally not less than 8 years old)	
Standing - Demonstrate		
De Ashi Barai		
Groundwork - Demonstrate		
Kuzure Kami Shiho Gatame, escape to Kami S	Shiho Gatame	
Randori		
Minimum of 2 throw for throw style randori p	practice	
Venue Date	Examiner	

British Judo Council Primary



Name Age

Grade Promotion to

Core Requirements

Fhirmatha & Cafata	core Requirements		
Etiquette & Safety			
Kneeling, standing bows and etiquette			
Breakfalls			
Ushiro Ukemi (back breakfall)			
Migi Yoko Ukemi (right side breakfall)			
Hidari Yoko Ukemi (left side breakfall)			
Mae Ukemi (front breakfall)			
Migi Zempo Kaiten Ukemi (right side ro	olling breakfall)		
Hidari Zempo Kaiten Ukemi (left side r	olling breakfall)		
Standing - Demonstrate			
Bow, take a basic sleeve / lapel grip ar	nd posture		
Demonstrate how to walk with partner			
Take a breakfall when thrown by partn	er		
White Belt 3 Blue Ta	abs to 1 Brown Tab (normally not	less than 9 years old)	
Standing - Demonstrate			
Sasae Tsuri Komi Ashi			
Groundwork - Demonstrate			
Kuzure Kami Shiho Gatame, escape to	Kami Shiho Gatame		
Randori			
Minimum of 2 throw for throw style rai	ndori practice		
White Belt 1 Brown 1	ab to 2 Brown Tabs (normally no	t less than 9 years old)	
Standing - Demonstrate			
Ko Soto Gari			
Groundwork - Demonstrate			
Kami Shiho Gatame and escape			
Randori			
Minimum of 2 throw for throw style rai	ndori practice		
White Belt 2 Brown T	abs to 3 Brown Tabs (normally no	ot less than 9 years old)	
Standing - Demonstrate			
De Ashi Barai, Uke avoids, Tori change	s attack to Sasae Tsuri Komi Ashi		
Groundwork - Demonstrate			
Turn over from press up position, brea	kfall, move into Kesa Gatame, escape	e to Kuzure Kesa Gatame	
escape onto stomach and rise into all f	ours (crouching position) turn over ir	nto Yoko Shiho Gatame,	
escape to Kuzure Kami Shiho Gatame,			
,			
Randori			
Minimum of 2 throw for throw style rai	ndori practice		
Venue	Date	Examiner	